

"Shipwreck Pie" Casserole

Makes: 12 or 48 Servings

	12 Servings		48 Servings	
Ingredients	Weight	Measure	Weight	Measure
Turkey, ground	1 lb		4 lbs	
Pinto beans		3/4 cup		3 cups
Onion, chopped		1 cup		4 cups
Red bell pepper, chopped		1 cup		4 cups
Zucchini, chopped		2 cups		8 cups
Tomato paste		2- 6 oz cans		8- 6 oz cans
Brown rice		1-3/4 cups		7 cups
Water		1 cup		4 cups
Cooking spray		As needed		As needed

Directions

Nutrition Information	
Nutrients	Amount
Calories	233
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	30 mg
Sodium	266 mg
Total Carbohydrate	37 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

1. Preheat oven to 350°F.
2. Coat skillet with cooking spray. Brown turkey and onions over medium heat. Drain excess liquid.
3. Spray baking dish with cooking spray.
4. Layer ground turkey and onion mixture, rice, peppers, zucchini and beans in dish.
5. Combine tomato paste and water in small bowl. Pour over mixture in pan.
6. Bake covered for 1-1/2 hours.

Notes

Serving Tips:

Casseroles are a great way to combine meat, vegetables and grains into one dish. Try different vegetables and different meats, beans or tofu for other flavors!

Source: Improving Nutrition& Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware. Recipe adapted from Thomas, R., Khouri, L, Fenton, W. Nutrition in the Kitchen. Children's Hospital of Philadelphia 2nd ed.; 2008.